

## How to stay heathly

1. Noun - Plural
2. Verb - Present Ends In Ing
3. Proper Noun
4. Verb - Past Tense
5. Verb - Present Ends In S

# How to stay heathly

how to stay healthy

1. Get Noun - Plural and work out almost every other day

2. Make sure that you are Verb - Present ends in ING healthy and don't eat junk food

3. Make sure you drink Proper Noun for energy most to get through the day

4. Maintain a healthy diet when staying healthy

5. Don't smoke or drink at Verb - Past Tense one on your own time

6. Protect yourself from the sun or sun Verb - Present ends in S